

# WIN AN IPAD 2!



## ITS TIME FOR YOUR ANNUAL FREE PREVENTATIVE VISIT!

The Biometric Screening and Health Risk Assessment helps you know the state of your current health. You can help lower your risk of illness or injury by getting regular exams to find problems at an early treatable stage and receiving immunizations to prevent disease.

The HRA questionnaire will help you evaluate your current lifestyle, identify health risks and provide you with information on how to improve your health.

The Biometric Screening consists of a finger stick fasting test for: Total Cholesterol, HDL (Good) Cholesterol, TC/HDL Ratio, LDL (Bad) Cholesterol, Triglycerides, Glucose, Blood Pressure, Height, Weight, and Body Composition.

**THIS YEAR WE WILL PROVIDE SAME DAY RESULTS!**

## The HRA Clinic Opens February 5<sup>th</sup>! Available by Appointment or Walk-In

### PARTICIPANT INSTRUCTIONS:

- Begin **FASTING** at midnight before your test.
- Visit a clinic in the morning for the finger stick test and receive same day results.
- Input your results into the online HRA questionnaire. For your convenience a laptop will be available at the clinic for you to use.
- After you have completed your biometric screening AND online HRA, you will be entered into the random drawing to win an iPad 2!

## HRA CLINIC LOCATION & TIMES

**7:00-11:00a.m.**

**March–5, 6, & 7<sup>th</sup>  
RC Sheriff's Department**

**March–12, 13, 14<sup>th</sup>  
Blackman High School**

**March 19  
RC Hwy Department**

**March – 20, 21<sup>st</sup>  
Smyrna Middle School**

**March–26, 27, 28<sup>th</sup>  
Christiana Elementary & Middle**

To schedule an appointment for one of the above locations, email Kelli at:

[kperrien@rutherfordcounty.org](mailto:kperrien@rutherfordcounty.org)

Unable to attend during the above days/times? Schedule for a fasting lab blood draw at a Med Point clinic at: 904-6770.



Powered by:  
**take care**  
health systems  
a telemedicine  
powered and business  
company

### TO BE ELIGIBLE TO WIN THE DRAWING YOU MUST:

- Employee or Spouse insured under the RC Medical Plan
- Complete the lab test by finger stick or blood draw through Med Point Clinic
- Complete the online HRA assessment.